

FREE 7-DAY WHOLE30 MEAL PLANNER

HEALTHY *little* PEACH

MONDAY

Eggs Benedict
Casserole

Turkey Club Lettuce
Wraps

Smothered Pork
Chops

TUESDAY

Scrambled eggs, chili
lime sauce, Brussels
sprouts and bacon.

Sriracha Meatballs

Pistachio Crusted
Tuna Patties

WEDNESDAY

Cauliflower Grits
Breakfast Bowl

"Pasta" Salad (Serve this
recipe with a chicken
breast)

Air Fryer Buffalo
Wings

THURSDAY

Leftover Eggs
Benedict Casserole

Asian Chicken
Collard Wraps

Ranch Roast

FRIDAY

Scrambles Eggs,
Sausage and Roasted
Brussels Sprouts, and
Chili Lime Sauce

Leftover
Ranch Roast

Steak Salad

SATURDAY

Sausage Stir Fry
with a fried egg

Strawberry Poppyseed
Salad

Garlic Steak Bites

SUNDAY

Cauliflower Grits
Breakfast Bowl

Leftover Garlic
Steak Bites

Creamy Garlic
Scallops

BREAKFAST

LUNCH

DINNER